



June Topic: Men's Health



Some health concerns affect men differently than women. When men are aware of gender-specific health concerns important to them, they can take better care of themselves. As an example, men are more likely to gain weight around their midsection due to higher testosterone levels than women. Fat around the waist increases the risk for heart disease and diabetes. Men who are aware of this understand the importance of taking measures to maintain a healthy weight. Male Sailors, Marines, and DoD civilians should take charge of their health and adopt healthy living habits that include eating healthy, being active, maintaining a healthy weight, managing stress, staying injury free, practicing safe sex, drinking in moderation, and being tobacco free.

Physical activity is one of the most important ways to improve your health. For most health outcomes, additional benefits occur as the amount of physical activity increases in intensity, frequency, or duration. And remember, some activity is always better than none!



Presented by NHCH Health Promotion
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